

**WHAT IS**  
**THE E-LEARNING PLATFORM**  
**COACHES' TRAINING PROGRAMME**  
**LEVEL 1**

## Introduction

The Level 1 online coaching course is the first step in the UCI WCC coaching pathway.

### What is the course about?

The Level 1 UCI WCC coaching course is designed to provide coaches with the opportunity to learn good coaching practices. The modules review and introduce the key principles of coaching and knowledge in various areas of coaching.

### Who is it for?

This course is for anyone who wants to be certified by the UCI WCC while coaching within cycling.

### What does the course look like?

This short course is available on our UCI WCC platform.

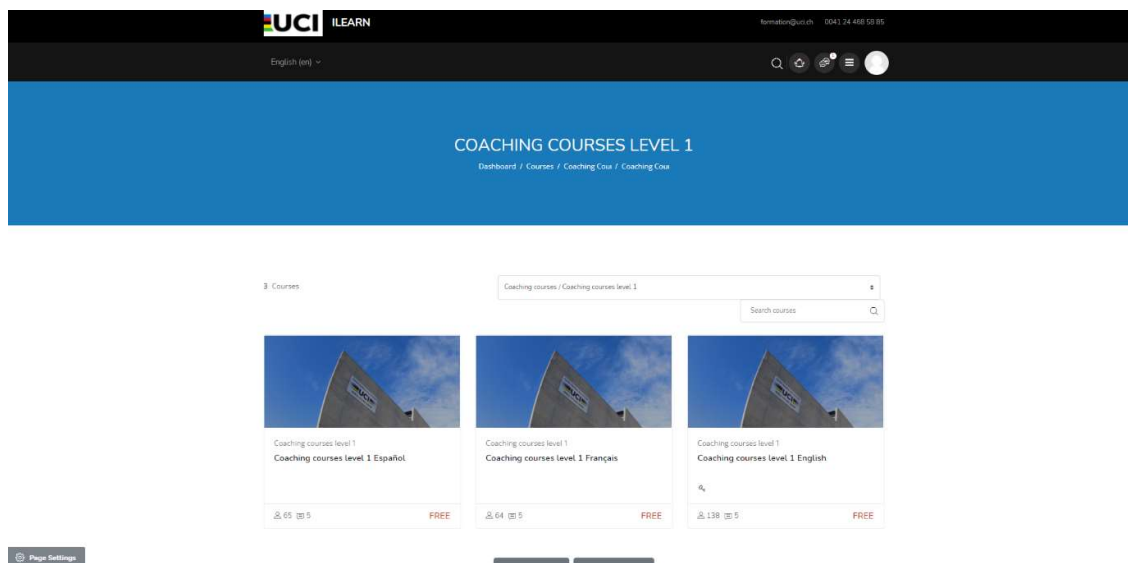
- It is an online E-Learning short course
- Containing 10 modules
- Each module contains PowerPoint presentations and quizzes
- All the presentations are **not** downloadable

### What are the course objectives?

The general objectives of the courses are to:

- Improve coaching knowledge
- Learn basic coaching competencies
- Guide coaches through a high standard of ethics
- Discover all the UCI Olympic disciplines
- Review basic cycling skills
- Learn how to deliver a coaching session in a safe manner
- Understand and build an annual training plan

1. The Moodle Platform is active for a period of 30 days 24 hours a day.



2. There are 10 training modules covering different topics:

### 1. Introduction UCI WCC

### 2. Ethics in cycling – code of conduct

- Understand general ethics and principles
- Guide coaches in their behaviour
- Understand their responsibility and the athlete's protection

### 3. General knowledge about cycling

- Understand all the UCI Olympic disciplines
- Explain the difference between the disciplines or competitions
- The age requirements to practice these disciplines
- Understand discipline terminology
- Understand the quality and skills involved in each discipline

#### 4. Our bike

- How to maintain your bike
- Recognise mechanical problems
- Implement routines for a pre-ride check
- Set up a bike for a rider

#### 5. Basic UCI regulations

- An introduction to UCI regulations
- Understand the nature and role of the regulations
- Understand the importance of knowing the rules
- Understand the coach's position regarding the respecting of rules

#### 6. Basic cycling skills

- Reviewing basic cycling skills and knowledge
- Learning basic techniques for a safe coaching session

#### 7. General coaching

- Provide knowledge about the role of a coach
- Describe the coach's job
- Organise safe training sessions

#### 8. Coaching sessions & basic season planning

- Learn how to prepare, plan and deliver a training session.
- Understand the process of a season plan

#### 9. The body and exercise

- Know the basic concepts about anatomy and physiology
- List the main concepts and parts of the anatomical position, skeletal system and muscular system
- Recognise the energy systems

#### 10. WADA

- Anti-doping education program

You can pause your learning at any time and then resume it during the 30-day activation period.

A questionnaire after each module will have to be completed in order to evaluate your knowledge of the completed module.

3. Each participant needs to pass all the assessments in order to obtain the level 1 coaching course certificate.

**Level 1 Exam:**

At the end of the training period, all participants are required to write an exam. This exam will be scheduled for all participants at the same time. The exam is 10 questions and a pass mark of 85% is required to pass the exam.

**Wada ADEL:**

The module “ADEL” is an external E-learning developed by WADA. On our platform the presentations have information about WADA and how to get onto the course. The courses are free. You must create an account and complete the course.

At the end of the WADA ADEL course, you will get a certificate to confirm you have passed the course. You need to **upload** your certificate onto the E-Learning Moodle.

4. The certificates will be generated automatically by the platform once all the processes, the exam and your WADA certificate have successfully been passed.

All certificates are registered in the UCI WCC secure database.



**Please send any questions to**

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